

40 SIMPLE LENTEN IDEAS FOR KIDS



PRAYER

- Say a short prayer every morning.
- Spend one quiet minute with God.
- Thank God for three things every night.
- Pray for someone you find difficult.
- Pray one Our Father slowly and carefully.
- Read one Bible verse and reflect on it.
- Pray for someone who is sick or sad.
- Pray a decade of the Rosary.
- Pray for your teacher or classmates.
- Say a prayer while you brush your teeth.
- Pray before homework or schoolwork.
- Pray the Hail Mary three times each day.
- Say a prayer for people who are hungry.
- Start your day with the Sign of the Cross.

FASTING

- Give up complaining.
- Share a toy or game with someone else.
- Turn off screens for 30 minutes.
- Help your teachers without being asked.
- Skip dessert or treats after dinner.
- Donate coins to a charity or church.
- Give up arguing or talking back.
- Write a kind note to someone.
- Give up your favorite video game.
- Act kindly to those who feel left out.
- Give up negative words.
- Give away clothes or toys you don't use.
- Choose water not sugary drinks.
- Help a sibling or friend with homework.
- Give up your favorite clothes.
- Do an extra chore for your family.
- Stop yourself from interrupting.
- Make a card for someone who is sick.
- Give up extra snacks between meals.
- Write thank you notes to teachers.
- Give up your favorite kind of music.
- Save money to give to someone in need.
- Give up your favorite breakfast food.
- Help clean up without complaining.
- Turn off all devices after dinner.
- Invite someone to play who is alone.

ALMSGIVING

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